

New Things Not Found in Any Books

The Things You Should Eat to Prevent HEAT PROSTRATION

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It has been estimated that 2,000 people died in the United States last Summer from sunstroke and heat prostration. Over 100 succumbed in New York City alone to the heat.

Heat in the human body is controlled almost entirely by what we eat and drink.

The temperature of the body is raised by three things only:

1. The temperature of the atmosphere.
2. Activity or work.
3. The fuel (food) we put into the human power plant.

We have, of course, no control over the temperature of the atmosphere, but every one can control very largely the heat of the body by the food they eat.

Heat and energy being synonymous terms, it is a popular theory that in order to keep the body supplied with the maximum of energy the same amount of heat-producing foods must be taken Winter and Summer. Modern science has shown this theory to be wrong.

All cases of sunstroke and heat prostration are caused by partaking of food or drink that raise the heat up to the danger line inside, while the sun is giving us almost body temperature direct.

Why Some FOODS Are GOOD and Others BAD for You DURING HOT WEATHER

Starches, sweets and fats are three of the principal heat-making foods and at the same time are the three staple articles of diet. People are such creatures of habit that were their doctor to prescribe a meal omitting any one or all of these things they would feel that they were being starved and probably accuse their adviser of being a crank, while in reality the over-consumption of these very things is the cause of not only sunstroke and heat prostration, but a vast majority of stomach and intestinal disorders. Starches, fats and sugars, therefore, should be eaten very sparingly during hot weather, as fat is used by the body wholly for the purpose of making heat.

The amount of fat we should consume at each meal can be easily determined by the temperature of the weather. While starches and sugar serve other purposes, yet the same rule should govern their consumption.

All grain products, such as corn, wheat, rye, barley, oats, rice, potatoes, honey and sugar are classed as carbohydrates (starch and sugar).

The principal fat foods are butter, cream, nuts, olive oil and meat. While meat as usually served contains only from 10 to 15 per cent of fat, yet its heat-making property is not confined entirely to the fat element. Meat contains a large amount of uric acid carbon dioxide and toxic poisons which must be cast out of the body, all of which requires energy (heat). This accounts for the immediate or stimulating effect of meat.

Potatoes and all grain products, bread pastries, breakfast foods, etc., belong to the starch family, and these, together with flesh foods, constitute the principal diet of a large majority of the people Winter and Summer. These are all heat-producing foods, and if the body is not able to convert them into heat and energy the surplus, which cannot be used, undergoes fermentation and decay which we call auto-intoxication. The circulation is quickened, the heart is worked overtime and the blood becomes superheated in the effort of Nature to rid the body of these poisons. This becomes the



direct cause of a great number of physical disorders, while if digestion and assimilation is good and the body is able to make use of them they are stored up in the form of fat and become a source of great danger, especially in hot weather.

The mild soda fountain drink, cold fruit juices and ices are all good, but sweet drinks or an excess of sweets in any form should be avoided during hot weather. Sugar is one of the great heat makers, besides the excess that cannot be used produces a languor that is often mistaken for Spring fever, want of sleep or plain laziness.

Of all drinks, plain and cold water (not iced) is the best. If an abundance of this was drunk and a reasonable amount of activity taken, the body could be given a real "Spring house cleaning," and the hot day instead of being a menace to life could be made a thing to be desired.

Instead of resting in the shade, lounging upon a sea-coast veranda and doing everything to avoid the heat, people should learn how to make the hot day healthful. The hot day is as necessary to good health as the cold or temperate one.

In health the food we eat controls bodily heat almost entirely, therefore the remedy for sunstroke and heat prostration goes back to the food question, as all water goes back to the sea.

The following diet regime, which is given for one day, if observed throughout the heated term of Summer, would so far remove the causes of sunstroke and heat prostrations that the average person could go about their daily pursuits, work or play, without the slightest fear or danger from heat.

The first thing after arising take a glass of cold water (not iced) and a bit of juicy fruit. Devote from 3 to 5 minutes to taking moderate deep breathing exercises before an open window. This should be followed by a cool shower or sponge bath and then a short walk in the open air before breakfast.

Breakfast (for the sedentary worker):

- Melon, peaches or berries.
- Two very ripe bananas with cream, raisins or figs.
- Two or three tablespoons of nuts or one tablespoon of peanut butter.
- One or two glasses of milk.
- Tablespoon of Bran.

Luncheon:

- Onions, carrots or parsnips.
- Lettuce and tomato salad.

Baked potato.
Melon, fruit or berries.

Dinner:
One fresh vegetable, peas, beans, corn or asparagus.
Baked potato.
A green salad.
Melon, peaches or berries, or a small service of home-made ice cream.

Breakfast (for the manual laborer):

- Fruit or berries.
- One or two eggs lightly cooked or whipped with a little sugar, cream and lemon juice.
- One or two very ripe bananas with thin cream.
- One or two spoonfuls of nuts (choice).
- A glass or two of milk.

Luncheon:

- Whole wheat bread with peanut butter.
- Very ripe bananas with dates, figs or raisins and nuts.
- One pint of milk or cottage cheese with rye bread.

Dinner:
Corn, carrots, parsnips, beans, peas. Any two of these.
A green salad.
Baked (sweet or white) potato.
Two very ripe bananas baked 10 minutes.
A small piece of whole wheat bread or corn bread.
One glass of buttermilk or a bit of fish.

Inasmuch as the human body is composed of 65 per cent water, each meal should contain approximately 65 per cent of moisture. If the meal is composed of dry food or articles containing less than 65 per cent moisture, then the difference should be made up by drinking water with meals.

All stimulants and narcotics, such as tobacco, beer and liquor, should be avoided; they heat the blood and raise the nervous system above par only to drop it further below each time they are partaken of.

In studying and experimenting with foods it should be borne in mind that quantity has much to do with the production of body heat. Every pennyweight of food eaten in excess of the amount actually needed and used, especially in Summer, becomes a source of danger, from two sources: First, the excess which undergoes a form of decomposition and is irritating and feverish to the body, and second, this excess must be disposed of at the expense of energy which might be devoted to useful physical or mental labor.

Just Why FACE POWDER INJURES the SKIN

ALMOST every girl, whether she powders or not, knows that the practice is bad for the skin, but it is not always easy to say why, and many times a woman will continue the habit simply because she has never learned the reasons for the frequent warnings of doctors and writers on "beauty hints" against the excessive use of powder. It stands to reason, of course, since the skin does not require powder for its health, that the use of it is unnecessary, and most people are aware that an unnecessary thing is always dangerous when applied to as delicate a structure as the human body, but the dangers of face-powders go a great deal further than merely this general principle.

Face powders are of two kinds—mineral and vegetable. Zinc oxide may be taken as an example of the first kind, and rice powder as an example of the second. Each has its place, in moderation, and, likewise, each has its dangers.

As long as the skin remains unharmed by any outward source, the tissues are so constructed that it cannot be injured. A large proportion of the pimples and the slight disfigurements of the skin are due to the fact that tiny germs find lodgment in the skin, and as soon as

they do so multiply by thousands, forming little pockets of pus. Most people, for example, if they press the skin in the folds of the nose will find a tiny little yellowish thing squeezed out, not unlike a worm. It is a colony of millions of tiny germs called cocci. As long as there is nothing to attack the skin, these germs do little harm.

The face is covered with hundreds of little breathing holes called pores. They are made in such a way that nothing enters the body through them, but a great deal comes out of the body. If, however, any condition arises which weakens or injures these pores they are no longer able to resist the attack of the germs, and, an entrance being effected, a bad complexion is the result. There are other causes which lead to a weakening of the resistance of the skin, of course, but this is another branch of the subject.

When a mineral powder is rubbed on the skin, one stops to ask what that powder is. It is powder, of course. But powdered what? Powdered crystals. And what is a crystal? Immediately one thinks of the sharp angles of crystal, and wonders whether all the sharp edges have been beaten off in powdering. They

have not. And every time a powder formed from the crystals of minerals is rubbed into the pores there is grave danger of scratching the skin. Talcum powder, zinc oxide, precipitated magnesium carbonate and magnesium silicate are the least objectionable in this regard, and most manufacturers of good toilet powder use such substances as these. Since powder has a distinct and important place in the toilet, we must have it, but its use should be careful and not excessive.

Vegetable powders have a different effect. The tiny granules in the follicles and in the pores are likely to swell with the natural moisture of the skin. You know how rice swells when you soak and cook it. The same sort of thing happens in the follicles with the tiny grains of powder. Rice powder is the least injurious, because it swells the least. There are certain other vegetable powders which swell a great deal and injure the skin rapidly. Against the occasional use of powder—to prevent chapping, etc.—little can be said; but the girl who uses face powder constantly is preparing sure trouble for herself in time to come, and will wreck her complexion to a certainty, while few women who use face powder to any great extent can escape adverse criticism.

When "THE QUESTION" Must Be "POPPED" in WRITING

IF John "pops the question" to-day and Vera accepts, and they set the day for six months hence, all very well and good. If John fails to toe the scratch on the day named, it may go hard with him.

But if, because Vera is unfamiliar with the law on the subject, or because she has her mind on other things at the critical moment, the day is set for, say, a year and a day hence, she hasn't any legal hold on John, and John may show up or leave her waiting at the church on the all-important day with impunity.

At least, that is the law in many of the States.

In almost every State, a contract which by its terms is not to be performed within a year cannot be enforced unless it is in writing. This law dates back to the seventeenth century in England, where it was known as the Statute of Frauds, and it has been re-

enacted almost verbatim in most of the States. The courts, however, have not always agreed upon its interpretation in its application to particular cases, and that is why in some States they have held that the law applies to contracts of marriage just as much as to ordinary contracts, while in other States they have not.

In Maine, New Hampshire and Kansas, for instance, the question has been definitely settled against the unfortunate maid who fails to secure her suitor's avowals in black and white.

In those States, all breach of promise cases in which it appeared that "the day" was set for more than a year after the proposal have been dismissed, because the fair plaintiffs were unable to produce a written proposal and acceptance in support of their claims.

In New York and some other States the question has been definitely settled the other way, and a verbal proposal and acceptance suffices, even though the day is set for more than a year.

SURPRISING THINGS in the Dust That YOU BREATHE

IT is impossible to go about, especially about the streets of a busy city, without breathing quantities of dust.

But dust is a word that really covers a wide range. It really means minute particles of anything whatever that can be stirred up sufficiently to float about in the air for ever so small a period. Consequently the dust you may breathe into your lungs while walking along a residential street in a city may be entirely different from the dust you breathe while walking through a big market district or manufacturing district.

Dust has been analyzed and in a small quantity of it a most surprising variety of things found. On a fairly clean residential street the dust will generally be found to consist of iron from horseshoes or nails in men's shoes and from the tires of wagons, particles of leather, wool, cotton, feathers, linen and such things from people's clothes, bits of wood, sand, paper, clay and such things from the dirt that accumulates and is ground up fine in the street. There is also a small quantity of bacteria.

In a busy street, where there are many factories and much trucking, the quantity of metal particles in dust increases, also the quantity of horn or hoof, which is the same, from horses' feet and fine rubber from auto truck tires, while the metals may include bits of copper, brass, tin, lead, steel and even gold and silver, from the manufacturing plants, as bits of the metal flies out of the factories in the dust.

On a hot, dry day in the slums, where there is always a lot of garbage that lies about and dries, there are quantities of vegetable matter and, of course, more bacteria. But on a country road a hundred miles from a big city and ten miles or so from a town, the dust is mostly bits of fine sand, particles of wood and leaves and flowers and seeds. Very little metal is found in this dust, practically no paper or bits of rubber, and the per cent of bacteria is extremely low.

The dust is never alike in two streets, nor does it average alike in two cities. Pitts-

burgh dust contains great quantities of metal and also soot or charcoal. Scranton dust contains much carbon or coal. Lansing (Mich.) dust contains a great deal of copper. Chicago dust has a lot of fine particles of hair from the stockyards, and so on, every city has dust peculiar to itself, or to the leading industries in that city. Milwaukee has dust laden with flour and bits of wheat chaff; in St. Augustine the dust is loaded with fine particles of coral from the streets, which are paved with coral.

But while some particular thing predominates in dust, there is generally in every city a quantity of metals and woollens and paper and rubber and wood and such things in it. Just as soon as anything from solid gold to a bit of dried banana skin becomes ground up fine enough it falls into the great family of minute particles known as dust.

A WINDOW screen that not only keeps the flies and mosquitoes out of your house, but catches those flies in the house that alight on it, and, reversed, catch those flies that try to get in at night, is a brand new invention that has every appearance of being the most valuable of all arrangements for fighting those dangerous pests, the house fly and mosquito.

Valentino Casazza, of No. 145 Bleecker street, New York City, is the inventor, and his demonstrations have shown the clever manner in which this window screen fly trap works. It is in reality a double screen, set in an outside frame. The outside frame is made to order to fit any window. The inside frame may be reversed, to work both ways; that is, in the day time flies alight on the windows or window screens because it is light, and they fly for the light, and so the trap side is set inside the room. At night the lights in the room attract the flies and mosquitoes out of doors; so the trap is reversed, facing out of doors, and the flies attracted by the light in the room alight on it and are trapped.

In the illustration A shows the whole screen, like any woven wire screen. B shows the trap side of the screen. Each one of the slats is made of screen wire and is arranged much like the slats on a blind, although immovable.

As an example, one of these screens is in a window in a room. The blinds and shades on the other windows are closed, but on the window holding this trap screen

YOU MIGHT TRY---

Old Soap the Best.

SOAP that is allowed to dry and harden lasts twice as long as if used when fresh. Therefore it is cheaper to buy it in quantity and keep it in a dry place.

To Curl Feathers.

TO CURL a feather that has become damaged with rain or dew, sprinkle it thickly with common salt and shake before a bright fire until dry, when you will find it as good as new.

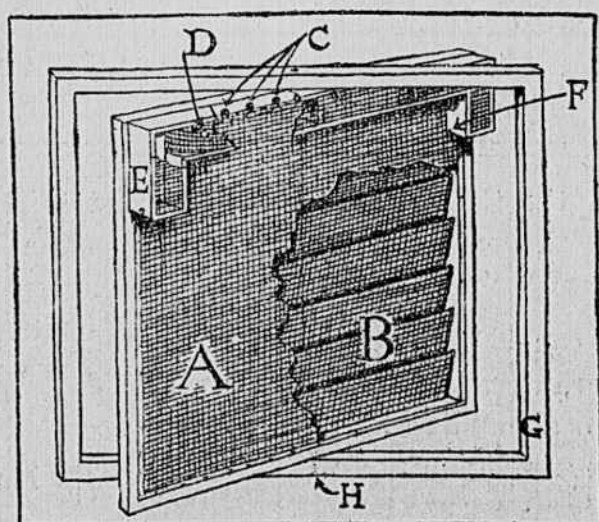
Preventing Meat from Scorching.

WHEN roasting meat, and there is danger of it becoming too brown, place a basin of water in the oven. The steam will prevent scorching, and the meat will cook better.

For Cleaning Gold

A TEASPOONFUL of ammonia in a cupful of water will clean gold or silver jewelry. A few drops on the under side of a diamond will clean it immediately, making it very brilliant, at the same time doing the stone no harm.

A WINDOW SCREEN That CATCHES FLIES



The Window Screen Fly Trap, That Serves a Double Purpose. For Description See Article

the blinds are open and shades up, allowing all the light possible to come in. The room is closed, and in the Summer the light begins to pour in very early. By breakfast time there have been several hours of light, and all the flies in the room naturally make for the light. They fly to the wire netting slats and crawl upward. A fly will crawl upward or sideways, but never downward—they always fly downward. These slats admit them and they keep crawling up and up, finding no way out through the slats. At the top there are holes (C) through which they crawl. They are then in a trap. The hole D allows them to get into the actual trap (E), where they cannot get out. The entire trap may be removed and dipped in hot water to kill them, or one may wait until they are dead and by turning a knob at F drop them out and burn them.

At night the inner screen is reversed in the pivot at H and the trap side is out of doors. The light inside again attracts them, and the process of catching them is repeated without removing the screen resting in the outside frame (G) from the window.

In this manner the inventor claims he has a window screen that keeps out the flies and at the same time has a great advantage over the ordinary screen which keeps the flies that are in from getting out by actually entrapping those inside, thus keeping the outside ones outside and catching those inside. The inventor is now seeking to market this screen.

How HEAT and COLD Will AFFECT the TASTE

IT is known that the so-called seat of taste is in the surface of the tongue and a portion of the upper section of the throat, but that we are enabled to use this sense of taste to greater advantage at a certain temperature than at others is one of the interesting discoveries of modern times.

The sense of taste is located in little flask-like pockets scattered over the surface of the tongue and upper part of the throat; these little pockets are imbedded in the skin, and each of these bulbs has a fibril, or nerve, connecting it with a larger nerve region, so that the taste is instantly magnified.

For this reason anything that is to be tasted must first be dissolved, or at least reduced, to a gaseous condition in order for the substance to reach the interior of these flask-like bulbs, where the nerves that actually do the tasting are located, and, of course,

the difference in taste depends entirely upon the intensity of the matter that rests against these little bulbs, for the greater its intensity the bigger the sensation it produces upon the little nerves, which in turn repeat the sensation of taste to the larger nerves, all in a flash. This gives us the sensation of taste.

Some things that are extremely cold may not be tasted at all for a moment, until the heat of the mouth warms them sufficiently. And some extremely hot things may not be tasted until they are cooler.

There are really two reasons for this, a temperature of from 50 to 60 degrees Fahrenheit renders almost everything that has a taste, stronger, or in a better condition to be tasted. And again, swallow a mouthful of soda water that is thoroughly chilled, and for a moment you get no flavor of it, only a sensation of extreme cold.

Take a swallow of hot chocolate, almost boiling hot, and you do not get the chocolate flavor at all for a moment, you merely get a sensation of burning. This is because the extreme temperatures, whether hot or cold, have a much greater effect upon the nerves of feeling; that is, the nerves that tell us what is hot and what is cold, than it does on the nerves of taste, so while the nerves of taste do their work just the same the sensation of taste is lost in the much greater sensation of temperature.

Sometimes a child with a very loose tooth afraid to have it pulled is made the butt of a rather mild form of joke. His big brother may get hold of the tooth and playfully thump him on top of the head, at the same time he yanks out the little loose tooth. The lad jumps back and rubs his head and does not know the tooth is pulled until he sees it. The little pain of yanking out the tooth was lost in the bigger sensation resulting from the playful but not dangerous thump on his head. So it is that the sensation of heat or cold disguises the sensation of taste.